

GOOD NEIGHBORLY NEWS

ISSUE 1

NEIGHBORHOOD WATCH PUBLICATION

WINTER 2010

Block Captains:

Share this newsletter with your block participants and don't forget to sign up for **e-mailed crime alerts**.

To register, e-mail me at jodee.sasway@carlsbadca.gov and get details.

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Police Contacts:

City Website:

www.carlsbadca.gov

Emergency:

9 1 1

Non-emergency:

760-931-2197

Crime Statistic Hotline:

760-931-2201

Other Crime Statistics:

760-931-2279

Police Watch Commander

760-931-2115

Traffic Unit:

760-931-2290

Narcotics Unit:

760-931-2195

Records Division:

769-931-2119

Detective Division:

760-931-2145

Community Services:

760-931-2177

The mission of the Crime Prevention Unit is: The anticipation, recognition and appraisal of crime risk and the initiation of some action to remove or reduce it.

Let's do it together!

Bureau of Medi-Cal Fraud & Elder Abuse

California's most vulnerable people-its children, poor, elderly and disabled-can all too often be victimized by:

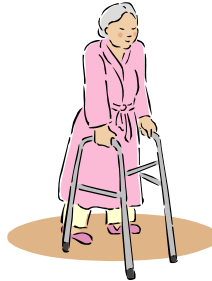
- Doctors ordering unnecessary lab tests, and allowing untrained, uncertified assistants to provide medical treatment
- Dentists performing unnecessary teeth extractions
- Medical supply companies billing for equipment and products that were neither ordered nor delivered
- Nursing homes allowing their patients to suffer from bedsores, malnutrition and dehydration
- Nurse assistants physically abusing patients

While most health care providers in the state's Medi-Cal program are committed to giving the finest and most appropriate treatment to their patients, some place profit above patient care and the law.

To protect our vulnerable citizens and help safeguard the Medi-Cal program, the Attorney General's Bureau of Medi-Cal Fraud and Elder Abuse works to investigate and prosecute these crimes.

The Bureau of Medi-Cal Fraud and Elder Abuse also works to protect patients in nursing homes and other long-term care facilities from abuse or neglect.

- Written complaints: **California Department of Justice Bureau of Medi-Cal Fraud & Elder Abuse**, P.O. Box 944255, Sacramento, CA 94244-2550.
- Phone complaints: **Phone Toll-free: (800) 722-0432** Attorney General's Bureau of Medi-Cal Fraud & Elder Abuse



or **phone toll-free: (800) 822-6222** Department of Health Services.

- E-Mail reports:
<http://ag.ca.gov/bmfea/reporting.php>

Also San Diego County's **Adult Protective Services (APS)** at http://www.sdcounty.ca.gov/hsa/programs/ais/adult_protective_services/index.html has valuable information about what to do if you see these signs of trouble.

The following are possible warning signs that abuse might be occurring to an older or disabled adult. If you observe any of these signs, alert **Adult Protective Services**.

- Injury that is inconsistent with the explanation for its cause
- The elder or dependent adult has recently become confused or disoriented
- The caregiver shows anger, indifference, aggressive behavior toward the person
- Personal belongings, papers, credit cards are missing
- Hesitation from the elder to talk openly
- The caregiver has a history of substance abuse, mental illness, criminal behavior or family violence
- Lack of necessities, such as food, water, utilities, medications and medical care
- Another person's name added to the client's bank account or important documents, or frequent checks made out to **CASH**

If you see a life threatening situation or a crime in progress call 9-1-1. If you note other crime that has already occurred, report it to the police department by calling 760-931-2197, 24 hours a day.



**Carlsbad Police & Fire
Recruit Volunteer
Emergency Responders**

Volunteers are needed for the City's Community Emergency Response Team (CERT). CERT volunteers will provide emergency preparedness and response assistance to their neighbors and community. Volunteers will receive 24 hours of training, including fire safety, disaster medical operations, and light search and rescue.

"CERT volunteers play an essential part in a City's emergency assistance to members of the community," said David Harrison, the City's emergency preparedness coordinator. "This is a great opportunity for citizens who are looking for a way to help their community especially in times of emergencies."

Training for the nine-week Carlsbad CERT volunteer course will be conducted Monday evenings beginning January 25 from 6:30 to 9:30 pm. Training will be held at the City of Carlsbad Safety Center, 2560 Orion Way. Interested volunteers may apply at <http://www.volunteerincarlsbad.net>. **Applicants must attend a volunteer orientation Monday, January 11 at 7 p.m. at the Carlsbad Safety Center.**

For more information, contact Carlsbad Emergency Preparedness Coordinator David Harrison at 760- 931-2137 or visit <http://www.VolunteerinCarlsbad.net>.

Computer security

What is computer security?

Computer security is the process of preventing and detecting unauthorized use of your computer. Prevention measures help you to stop unauthorized users (also known as "intruders") from accessing any part of your computer system. Detection helps you to determine whether or not someone attempted to break into your system, if they were successful, and what they may have done.

Why should I care about computer security?

We use computers for everything from banking and investing to shopping and communicating with others through email or chat programs. Although you may not consider your communications "top secret," you probably do not want strangers reading your email, using your computer to attack other systems, sending forged email from your computer, or examining personal information stored on your computer (such as financial statements).

Who would want to break into my computer at home?

Intruders (also referred to as hackers, attackers, or crackers) may not care about your identity. Often they want to gain control of your computer so they can use it to launch attacks on other computer systems.

Having control of your computer gives them the ability to hide their true location as they launch attacks, often against high-profile computer systems such as government or financial systems. Even if you have a computer connected to the Internet only to play the latest games or to send email to friends and family, your computer may be a target. Intruders may be able to watch all your actions on the computer, or cause damage to your computer by reformatting your hard drive or changing your data.

How easy is it to break into my computer?

Unfortunately, intruders are always discovering new vulnerabilities (informally called "holes") to exploit in computer

software. The complexity of software makes it increasingly difficult to thoroughly test the security of computer systems.

When holes are discovered, computer vendors will usually develop patches to address the problem(s). However, it is up to you, the user, to obtain and install the patches, or correctly configure the software to operate more securely. Most of the incident reports of computer break-ins received at the CERT/CC could have been prevented if system administrators and users kept their computers up-to-date with patches and security fixes.

Also, some software applications have default settings that allow other users to access your computer unless you change the settings to be more secure. Examples include chat programs that let outsiders execute commands on your computer or web browsers that could allow someone to place harmful programs on your computer that run when you click on them.

Recommendations

- Consult your system support personnel if you work from home
- Use virus protection software
- Use a firewall
- Don't open unknown email attachments
- Don't run programs of unknown origin
- Disable hidden filename extensions
- Keep all applications, including your operating system, patched. Vendors will usually release patches for their software when a vulnerability has been discovered.
- Turn off your computer or disconnect from the network when not in use
- Disable Java, JavaScript, and ActiveX if possible
- Disable scripting features in email programs
- Make regular backups of critical data
- Make a boot disk in case your computer is damaged or compromised

For more information and technical help, go to www.us.cert-us.gov.

